

STEP-UP LAKE COUNTY 10,000 STEP PROGRAM

Welcome to Step-Up Lake County



Lake County, Ohio

10,000 Step Guideline 2009

The National Academy Institute of Medicine recommends 60 minutes of exercise per day; if you walk 10,000 steps in a day (roughly 5 miles) you meet this recommendation.

Wait, before you take one step!

While walking is a low risk activity, you can still suffer from injury or overexertion if you're ill prepared or have high health risks. Be sure to talk or visit a medical professional prior to beginning any form of physical activity.

How to get started

1. Clip your pedometer to your waistband or belt and start walking!
 - Try parking your car farther away from your place of work.
 - Walk during your lunch period at work.
 - Get up and walk during TV commercials.
2. At the end of each week total your daily steps for your weekly total.
3. At the end of each session add up your weekly totals to calculate your monthly session total.
4. **The team captain must total and combine all team members monthly session totals and submit "one" step tracker log for the team.**
5. Each team and individual participant must complete and return step tracker logs by the indicated session end dates to: Jackie Via, Commissioners Office.

Session end dates: May 3, 2009
 May 31, 2009
 June 28, 2009

Program Incentives

1. At the end of each monthly session an individual participant will win a monthly prize based on the most steps logged. Team prizes will be awarded based on the highest average of steps logged.
2. A team or individual is eligible to win "only" one monthly prize.
3. **You get healthier!**

Now, take the first step and walk your way to a healthier lifestyle!



STEP-UP LAKE COUNTY 2009

Step Tracker Log

My Goal is 10,000 Steps each day



Lake County, Ohio

Please return your completed Step Tracker Log at the end of each session to Jackie Via, Commissioners Office.
Each completed log will be eligible to win a monthly prize.

Only "one" tracker log should be submitted per team.

Cut along line and return to Jackie Via

Week	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Total
Week of 4/6								
Week of 4/13								
Week of 4/20								
Week of 4/27								
<u>NAME / TEAM</u> <u>DEPT.</u> <u>Monthly Session Total</u>								

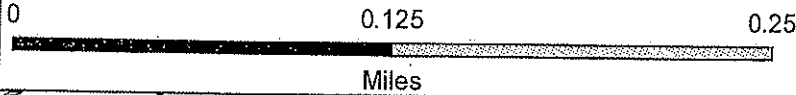
Cut along line and return to Jackie Via

Week	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Total
Week of 5/4								
Week of 5/11								
Week of 5/18								
Week of 5/25								
<u>NAME / TEAM</u> <u>DEPT.</u> <u>Monthly Session Total</u>								

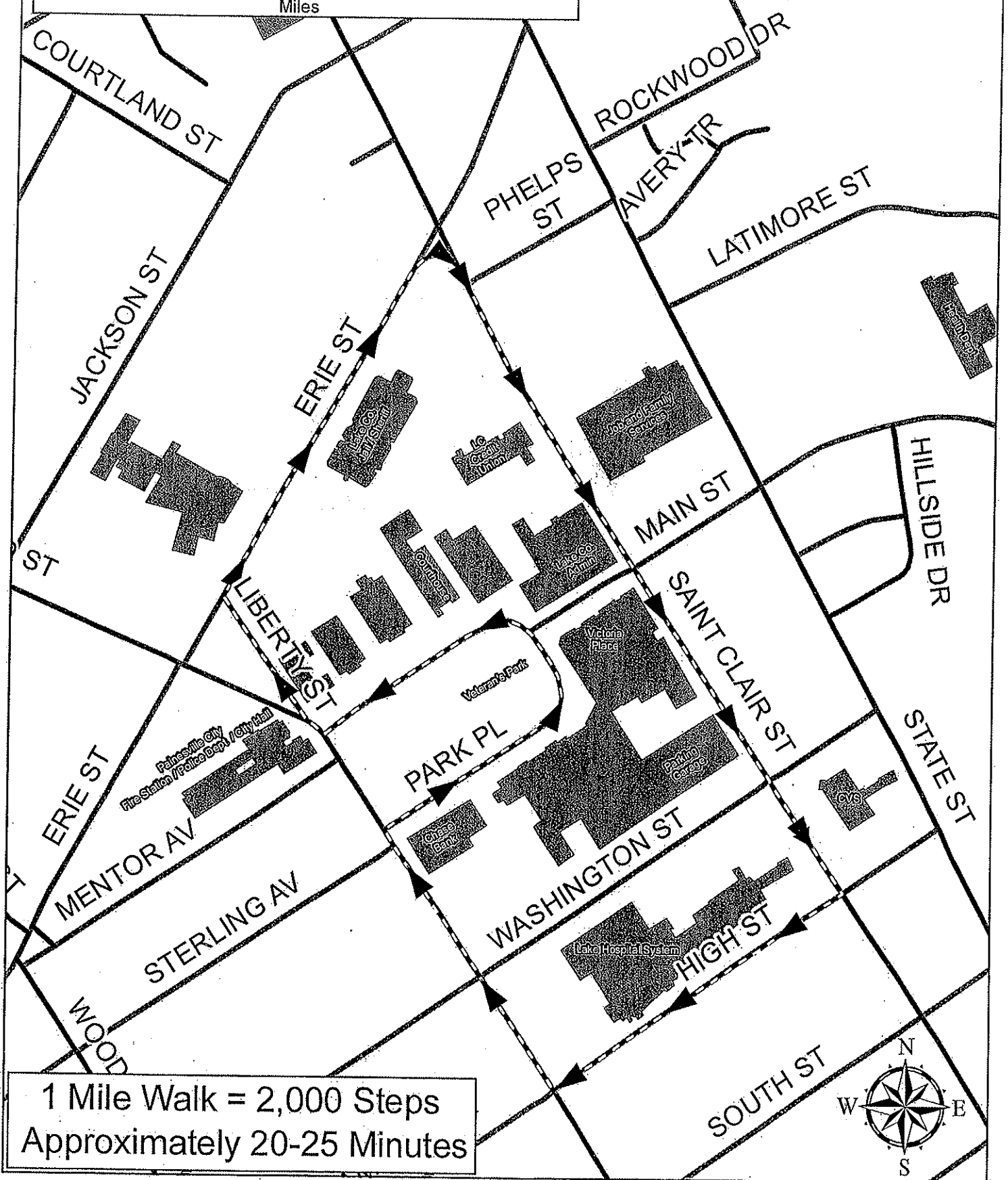
Cut along line and return to Jackie Via

Week	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Total
Week of 6/1								
Week of 6/8								
Week of 6/15								
Week of 6/22								
<u>NAME / TEAM</u> <u>DEPT.</u> <u>Monthly Session Total</u>								

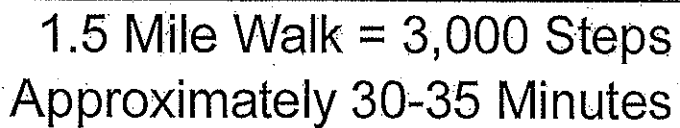
10,000 STEP PROGRAM PAINESVILLE WALKING MAP



Recreation Park

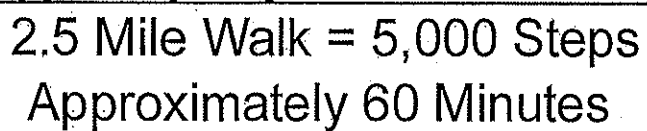


1 Mile Walk = 2,000 Steps
Approximately 20-25 Minutes



A horizontal number line representing distance in miles. It starts at 0 on the left and ends at 0.25 on the right. A tick mark is placed exactly halfway between 0 and 0.25, labeled 0.125. The segment from 0 to 0.125 is shaded solid black, and the segment from 0.125 to 0.25 is shaded with diagonal hatching.





10,000 Steps Program Opportunities • April – June 2009

Date	Activity	Location	Cost	Requirements	Steps
Every Tuesday & Thurs., 1 – 4 pm	Walking on the YMCA track/trails	All Lake County YMCA locations	FREE	Get Healthy Lake County Membership	Varies
Monday – Saturday, 8 – 9 am Sunday 9 – 10 am	Mall Walking	Great Lakes Mall, Mentor	FREE	NONE	Varies
Weekly hikes beginning Sat., April 4, 8 – 10 am	Starbucks Saturday Morning Caffeine Hikers	Penitentiary Glen	*Fee: \$10	Ages 18 and older	10,000
Weekly hikes beginning Tues., April 7, 10 am – noon	Tuesday Fast Hikers	First hike begins at Penitentiary Glen Nature Center	*FREE	Ages 50+	6,000
Weekly hikes beginning Tues., April 7, 10 am – noon	Hiking Seniority	First hike begins at Penitentiary Glen Nature Center	*FREE	Ages 50+	6,000
Weekly hikes beginning Tues., April 7, 10 am – noon	Senior Trail Trekking	Various Lake Metroparks	*FREE	Ages 50+	3,000
2nd & 4th Fridays, beginning April 10, 8:30 – 11:30 pm	Country Dancing	Painesville Township Park	*Fee: \$6 at the door	Ages 18 and older	10,000
Saturday, April 11, 1 – 3 pm	Off the Beaten Path Hike	Penitentiary Glen	*FREE	Ages 8 and older (younger than 18 with adult)	7,500
2nd & 4th Saturdays, beginning April 11, 7:30 – 10:30 pm	Ballroom Dancing	Painesville Township Park	*Fee: \$6 at the door	Ages 18 and older	10,000
Sunday, Apr 26, 10 am – 1 pm	Flying Burrito Breakfast Ride	Flying Burrito Cantina, Madison	*Fee: \$15	Ages 16 and older	13,200
Sunday, April 26, 1:30 – 3:30 pm	Ledgerock Hike	Chapin Forest Ledges	*FREE	All ages (younger than 18 with adult)	2,000
May					
Saturday, May 9, 1:30 – 4 am	Gorge Hike	Penitentiary Glen	*FREE	All ages (younger than 18 with adult)	6,000
Friday, May 22, 6 – 8:30 pm	Memorial Sunset Bike Ride	Veterans Park	*Fee: \$10	Ages 16 and older	8,500
Saturday, May 23, 1 – 3 pm	Off the Beaten Path Hike	Penitentiary Glen	*FREE	Ages 8 and older (younger than 18 with adult)	7,500
June					
Tuesday, June 9, 7 – 8:30 pm	Intro to Kayaking 101: Beginner Level	Fairport Harbort Lakefront Park	*Fee: \$15 w/kayak rental, \$5 without rental	Ages 12 and older	6,000
Saturday June 13, 9 am – 2 pm	Wheeling & Dealing Garage Sale Ride	Painesville Township Park	*Fee: \$10	Ages 16 and older	12,000
Saturday, June 20, 9 – 10:30 am	Intro to Kayaking 101: Beginner Level	Fairport Harbor Lakefront Park	*Fee: \$15 w/kayak rental, \$5 without rental	Ages 12 and older	6,000
Saturday, June 27, 9 am – 1 pm	Erie Morning Harbor Bike Ride	Arcola Creek Park	*Fee: \$15	Ages 16 and older	12,000

*Registration required. To register, please call the Lake Metroparks Registration Office, (440) 358-7275 or 1-800-669-9226.

LAKE METROPARKS TRAILS – Free and open to the public

Location	Trail	Steps
Chapin Forest, Kirtland	Lucky Stone Loop Trail	4,200 Steps (2.1 miles)
Penitentiary Glen, Kirtland	Kirtland Connector Trail	8,400 Steps (4.2 miles)
Concord Woods, Concord	Woodland Loop	1,500 Steps (.75 miles)
Girdled Road Reservation, Concord	Big Woods Loop	4,200 Steps (2.1 miles)
Greenway Trail, Painesville	Greenway Round Trip	22,000 Steps (11 miles)
Hogback Ridge, Madison	Hemlock/Bluebell Trail	3,000 Steps (1.5 miles)
Indian Point, Leroy	Lookout Ridge Trail	2,125 Steps 1.1 miles)
Chagrin River Park, Willoughby	Riverwood/Brambleside	2,500 Steps (1.25 mile)
Lakeshore Reservation, Perry	All Peoples Trail	1,250 Steps (.6 miles)
Veterans Park, Mentor	Cardinal Loop Trail	2,500 Steps (1.25 mile)